

WV Health Innovation Collaborative  
Better Health Work Group  
Meeting Notes  
September 16, 2014

Attending: Sarah Woodrum, Co-Chair, Anne Williams, Jeremiah Samples, Jeff Wiseman, Julie Palas, Christina Mullins, Dan Mace, Dana Singer, Perry Bryant, Amy Weintraub, Barbara Wessels, Amanda McCarty, Jean Kranz, Phil Shimer, Harry Twill, Ronald English, Louise Reese, Debbie Waller

By Phone: Arnie Hassen

Presenters: Stephen Smith and Kate Long, WV Healthy Kids and Families

Anne Williams opened the meeting and introductions were made.

### **WVHIC Activities**

- Better Care Work Group Meeting – September 16, 2014, 2:00 – 4:00 p.m.
- Lower Cost Work Group Meeting – September 17, 2014, 1:00 – 3:00 p.m.
- After polling members, the Better Care and Better Health Work Groups will be meeting on the third Tuesday of every month; Better Health meeting from 10:00 – 12:00 and the Better Care from 2:00–4:00. If members have a problem with these meeting dates, please contact your co-chairs or Anne.

### **Presentation**

Sarah Woodrum introduced Stephen Smith and Kate Long from the WV Healthy Kids and Families Coalition to talk about the “Try This Initiative.”

- Mr. Stephen Smith reported that this movement was started to get WV off the worst health lists, one community at a time.
- Try This Initiative – website; conference; mini-grants; steering committee.
- Website: Evidence-based projects already being done in WV
- Conference: Held in June. This year, 400+ participants and 30 different workshops
- Mini-Grants – 42 mini-grants in 30 different counties – Referred to handout in packet of the 2014 Funded Project Descriptions. Each mini-grant project has a designated helper that keeps in touch to make sure the project is running on track and what obstacles they are facing.
- 26 partners are involved as a Steering Team with time, energy and resources.
- Kate Long shared a powerpoint presentation with the group and shared some statistics on children and adult health. Some successes she talked about was that the 5<sup>th</sup> grade obesity rate stayed level and high blood pressure dropped from 24% to 21% and Kindergarten obesity rate dropped also. This is a significant one-year drop in the right direction.
- Ms. Long shared the website with the group, <http://trythiswv.com> – West Virginians helping West Virginians. The website has 85 squares/topics that have suggestions on what communities can do in various areas. There are links and resources, not just state, but national and international. She encouraged everyone to view the website to learn all about the great things that communities are doing in WV.

- She shared with the group a Try This Checklist. This checklist can help take a broad look at your community's healthy lifestyle efforts. It can help you choose projects and helps people work as a team in an organized way. You can find this checklist on their website in the index.
- The Try This Initiative is just one year old. They have a Facebook page and are in the process of doing a "People Talking" page where people can share their stories and will be able to look at successes and also roadblocks.
- An annual report will be done at the end of the year. By June 2015, they will be compiling data.
- A comment was made that this initiative is a wonderful tie-in with the work of the Better Health Work Group.

**It was recommended that the Better Health Work Group align the efforts of this group with the Try This Initiative's efforts. It was also discussed that it would be beneficial to meet with DHHR and some of their divisions to coordinate efforts.**

A question and answer period followed. Ms. Woodrum thanked Mr. Smith and Ms. Long for the presentation and for all their hard work with the Try This initiative. Good Job!

### **Project - WV State Health Improvement Plan**

Amanda McCarty was introduced to share with the group a State Health Improvement Process.

- Ms. McCarty presented at a meeting of the WVHIC earlier in the year. When the WVHIC was formed, one charge of the Collaborative was to develop a State Health Improvement Plan. The Collaborative was to work with the Bureau of Public Health and their findings from their State Public Health System Assessment.
- Ms. McCarty presented the powerpoint with the group which was shared with everyone in advance.
  1. Establish a planning process
  2. Identify and engage stakeholders in planning and implementation
  3. Engage in visioning and systems thinking
  4. Collect and analyze data
  5. Identify issues through priority setting
  6. Communicate/vet priorities
  7. Develop objectives, strategies and measures
  8. Develop and implement a work plan
  9. Monitor, evaluate and update
- She shared a suggested process which is open to revisions.
  - Identify priority areas of focus (3-5 priorities)
  - Brainstorm strategies under each area of focus
  - Group strategies into categories of:
    - Public policy
    - Access to care
    - Preventive health education
    - Infrastructure
    - Others (?)
- Follow-up SurveyMonkey for prioritization of strategies
- Obtain feedback and determine role of Better Care and Lower Costs Work Groups

- Establish 3-5 Priorities
  - 50<sup>th</sup> Preventable Hospitalizations
  - 50<sup>th</sup> Diabetes
  - 49<sup>th</sup> Physical Activity
  - 49<sup>th</sup> Smoking
  - 49<sup>th</sup> Heart Disease
  - 47<sup>th</sup> Obesity
  - 47<sup>th</sup> Cancer Deaths
  - 45<sup>th</sup> High Blood Pressure
- Much discussion followed on establishing priorities.    Priorities decided:
  - Obesity: Nutrition, Physical Activity
  - Smoking
  - Data/Measurable Outcomes
  - Community Engagement/Collaboration/Infrastructure
- It was discussed that all the other priorities would fall under the 4 above priorities with Data/Measurable Outcomes cross cutting across all priorities.
- More discussion followed on getting more players to the table especially from the business community. Jeremiah has a meeting with the Chamber of Commerce soon. Schools need to play a role in this group, also. Amanda shared with the group that if anyone has individuals of interest, Debbie has summary materials that she can send out and will add any interested individual to the WVHIC Collaborative listserv or their workgroup or workgroups of choice.

**Everyone across workgroups have discussed that we need to focus on a few priorities and get something accomplished. We will let the other workgroups review and discuss the above priorities. After review and discussion by the other two workgroups, at the Better Health Workgroup's next meeting, strategies can be discussed.**

Sarah thanked everyone for their input.

### **Next Meeting**

October 21, 2014, 10:00 – 12:00  
One Davis Square, Suite 100 East, Conference Room 134